

## **HEALTHY KENTUCKIANS 2010**

The Nation's Healthy People 2010 initiative provides a comprehensive strategy to improve the health of our nation. In turn, the Commonwealth of Kentucky has provided a preventive initiative, based on the nation's objectives, "Healthy Kentuckians 2010" (Spring 2000) as our State's commitment to the national health agenda. [Exhibit 1B](#) lists some of the objectives selected to monitor progress within the school-community.

## HEALTHY KENTUCKIANS 2010 SELECTED OBJECTIVES TO MONITOR SCHOOL-COMMUNITY PROGRESS

**Objective 1.4** – Increase to at least 20% the proportion of young people in Grades K-12 who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days.

**Objective 2.3** – Reduce to 5 % or less the prevalence of overweight and obesity (at or above the sex and age-specific 95<sup>th</sup> percentile of BMI from the revised NCHS/CDC growth charts) in children aged 1-5 and 6-11 and in adolescents aged 12-19.

**Objective 3.6** – Reduce the proportion of young people who have smoked cigarettes within the past 30 days.

**Objective 4.2** – Reduce the annual dropout rate for students enrolled in Grades 9-12 to a rate of less than 5%.

**Objective 5.11** – (Developmental) Reduce the health effects due to indoor air pollution in public schools.

**Objective 9.6** – Increase to at least 70% the proportion of 8,12, and 15-year olds (developmental) who have received protective sealants in permanent molar teeth.

**Objective 11.6** – Reduce pregnancies among females aged 15-17 to no more than 45 per 1,000 adolescents.

**Objective 19.3** – Increase to 75% the proportion of children with disabilities to be included with appropriate supports in regular education programs.

**Objective 21.9** – Increase to 100% the proportion of school children who receive classroom education on HIV and STDs.

**Objective 22.11** – Achieve immunization coverage of 95% for children in licensed day care facilities and children in kindergarten.

**Objective 26.6** – Increase to an average 95% the proportion of adolescents who perceive great risk of personal harm and/or trouble associated with use of tobacco, alcohol, and drugs.

**Objective 26.27** – (Developmental) Reduce by half the proportion of Kentucky adolescents who report considering or attempting suicide during the past year for reasons related to substances.